

























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00AM</b>	BOXING 	HI-ENERGY 	Les Mills BODY PUMP 	SPINN 		
<b>8:30AM</b>		ACTIVE OVER 50 			ACTIVE OVER 50 	FREESTYLE PUMP 
<b>9:30AM</b>	Les Mills BODY PUMP 	HIIT & CORE 	Les Mills BODY PUMP 	XTRAINER 	ABT (45min) 	SPINN 
<b>10:45AM</b>	HATHA YOGA 		YOGA 		YOGA 	<b>10:30AM</b> YOGA 
<b>4:00PM</b>						
<b>5:30PM</b>	ZUMBA (45min) 	Les Mills BODY PUMP (45min) 		BOXING (45min) 		
<b>6:15PM</b>	Les Mills BODY PUMP 		Les Mills BODY PUMP 			
<b>7:15PM</b>	YOGA 		POWER YOGA 			

 **STRENGTH**
 **HIIT**
 **CARDIO**
 **WELLBEING**
 **PUFF RATE**
**HOW PUFFED WILL I BE?**

# CLASS DESCRIPTIONS

*All classes run for 1 hour unless specified otherwise.*

<b>BODY PUMP</b> Puff Rating: 3	Les Mills' classic workout challenges all your major muscle groups with exercises like squats, presses, lifts & curls. Your weight selection will determine the intensity, thus this class is suitable for beginners to advanced participants.
<b>SPINN</b> Puff Rating: 4	Cardio training meets inspired playlists with a variety of drills, intervals and team challenges. Climb, sprint and let the energy move you. Each bike has its own resistance dial, so it's perfect for all fitness levels - your bike, your intensity, your ride. For the pro cyclist, spend some time concentrating on just the ride, not the road. (45min)
<b>ABT</b> Puff Rating: 3	This class has a variety of different exercises designed to target problem areas. Working on mats and using body weight resistance training, this class will increase tone, firmness and strength. Targeting and shaping your butt, abs and thighs, suitable for all fitness levels. (45min)
<b>HI-ENERGY</b> Puff Rating: 5	An athletic cardiovascular session that includes HIIT, power and strength exercises designed to push you to your limit. Be prepared for burpees! (45min)
<b>YOGA</b> Puff Rating: 3	The ancient practice of yoga designed to centre the mind, calm the body and reduce stress. This class involves flow, strength and yin restorative poses. Think you're too tough for yoga? Think again - Namaste.
<b>PILATES</b> Puff Rating: 2	Pilates is a body conditioning routine that can help flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips and back. It puts emphasis on spinal and pelvic alignment, breathing and developing a strong core or centre, and improving coordination and balance.
<b>BOXING</b> Puff Rating: 4	The ultimate boxing workout using pads, gloves, kick pads and focus mits. Incorporating high intensity and strength moves for maximum calorie burning effect. A guaranteed good time, although your arms may tell a different story the next day! Beginners, intermediate and advanced stages for everyone. (45min)
<b>XTRAINER</b> Puff Rating: 5	The body's ability to move functionally is challenged every week using HIIT style body weight exercises, power and plyometric moves, barbell and hand weights. Progressional exercises are offered for all fitness levels. (45min)
<b>CORE</b> Puff Rating: 1	An express core session designed to give you the fundamental platform that will compliment the rest of your training program. Core strength is an essential inclusion to a fitness program from beginners to athletes. (15min)
<b>FREESTYLE PUMP</b> Puff Rating: 3	This program will strengthen your entire body. It targets all major muscle groups by using exercises such as squats, presses, lifts and curls.
<b>ACTIVE OVER 50</b> Puff Rating: 3	The most enjoyable over 50s program in Newcastle. Enjoy a challenging workout carefully tailored to all fitness levels, injuries and/or ailments. Expect a good time, not an easy time!
<b>POWER CIRCUIT</b> Puff Rating: 4	This HIIT style class will give you a full body workout increasing your strength, conditioning, and endurance. Expect a combination of HIIT and functional training - all in one fun class.
<b>ZUMBA</b> Puff Rating: 3	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

## OPENING HOURS

Mon - Thur	5:00am - 11:00pm
Fri	5:00am - 9:00pm
Sat	7:00am - 6:00pm
Sun	8:00am - 6:00pm